

CY SELECT NEWS

A MONTHLY EMAIL NEWSLETTER FROM DES MOINES'
BIGGEST GIRLS BASKETBALL PROGRAM

AUGUST 2019 | VOL. 5



FROM THE PROGRAM DIRECTOR

The Wolves 2019 spring/summer season has officially come to an end and our entire coaching staff has been reflecting on what a successful summer season we've had. Many strides forward have been made with the development of the program and we were impressed with how this transitioned to game time. The girls had many accomplishments, worked through challenges and set new goals for the future. Our players and families are what set this program apart. On behalf of all the coaching staff I want to say THANK YOU to all of our players and families who supported CY Select this summer!

Ashley Adams, Program Director

Charles Young, Owner/ Coach
Sam Adams, Dir. of Development/Coach
Andrea Jones, Lead Trainer/Coach



ENDEAVOR TO PERSEVERE BASKETBALL NEVER STOPS

The July 2019 NCAA Live period for our program tested all our girls mentally and physically. From July 5th - July 25th we traveled from Ames to Chicago, to Minnesota and back to Ames, playing 20 games during this time. Most girls had to fit high school team camps in as well, which brought about challenges physically. Our girls gained attention for their aggression and passionate play from opponents from New York, Massachusetts, Wisconsin, Texas, and Michigan who all praised our genuine brand of basketball. Our 10th grade won their Division, while our 8th Alpha got runner up in their division in Minnesota. Our 8th Beta team won their division at the Battle of the Best Tournament in Ames, in an impressive fashion. We could not have been more blessed to have parents that are willing to sacrifice their time in helping their kids pursue their hoop dreams within our program. Thank you parents for EMPOWERING your daughters to DREAM within our program.

- Charles Young



THE RIGHT TO BE FRUSTRATED

In skill development, your approach to exposed weaknesses is key. There are two general ways, I see players react to challenging things in workouts.

The first way is to become frustrated at not being able to perform the skill how they want. These type of players assume they should already be good at the skill, even though they don't have the amount of reps required.

The second way is to embrace the weakness and have fun with the challenge of learning something new. These players understand they don't have the right to be good at something they have never done before, thus they know they have no right to be frustrated.

The truth is being exposed to your weaknesses is a great thing. It allows for clarity and direction on what to work on next. It allows the opportunity to improve. When you learn that you have to earn the right to be frustrated, you can properly convert your emotions to excitement and passion for learning a new skill. Your mistakes become joyful, because they point to how much better you can still be. Challenges become exciting, because you've identified that you still have room to grow. In this way, you begin to celebrate your weaknesses, because within them is your only hope at finding new levels of greatness.

Sam Adams

DETAILS & REMINDERS

TRYOUTS:

August 18th-Des Moines Area at IEBT Sports Facility located at 2425 Hubbell Ave, Des Moines Iowa

August 17th at Estherville Lincoln Central High School, located at 1520 E Central Ave, Estherville, IA

August 21st *MAKE UP* Tryouts at IEBT Sports Facility located at 2425 Hubbell Ave, Des Moines Iowa

For tryout information, [click here](#).

To learn more about or pay your CY Select Program Fees, [click here](#).

CY Select Fall Skills:

September 5th - October 10th from 6-8 pm on Monday and Thursday evenings. Cost is \$150. [Sign up here](#).

SAT Fall Shooting Clinic:

Sundays, September 15th through October 6th. Cost is \$125. [Sign up here](#).

SAT training is off during the month of August and returns for training in September. To schedule, email: samadamsbball@gmail.com

Fall/Winter practices begin in Des Moines, IA on October 21st. Practices Monday & Thursday 5-7 pm grades 3-6 and 7-9 pm grades 7-8 at IEBT Tuesday skills practice at JC All Sports

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